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## Facial Mask and Daily Anti-Acne Cleanser – The Truth

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Drawing inspiration from John 4:24, which reminds us to worship in spirit and truth, our bestselling daily anti-acne facial mask and cleanser, 'The Truth' is nothing short of its name. An all-in-one skincare essential embodying simplicity, purity and efficiency, its gentle yet powerful formula caters to all skin types, including sensitive skin. Made with 100% Qasil powder, a revered beauty secret among East Africa's Somali women, the Truth facial mask and cleanser purifies the skin, reduces acne, diminishes scars, unclogs pores and works to restore the skin's natural glow. The Truth is a skincare must-have in every home, especially for those seeking an all-natural solution for acne troubles.



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Bestsellers

**Facial Mask and Daily Anti-Acne  
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Bestsellers

**Facial Mask and Daily Anti-Acne  
Cleanser – The Truth**

★★★★★

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Recipes

## Dandelion Root Tea Recipe for Beautiful & Radiant Skin

Original Manna / March 26, 2024

Learn how to make dandelion root tea for more radiant skin.



Recipes

## How to make Fenugreek Tea for Clear & Beautiful Skin

Original Manna / March 19, 2024

Experience the benefits of fenugreek tea with our latest recipe.



Recommendations

## Unlock Radiant Skin : Original Manna's Top 3 Skincare Tea Recommendations

Original Manna / March 16, 2024

Top 3 tea recommendations sure to revitalize your skin.

# Recipes



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## Unlock Radiant Skin : Original Manna's Top 3 Skincare Tea Recommendations

By Original Manna / March 16, 2024

Sometime ago, nearly 5 years ago, I asked myself a question seemingly inspired by laziness and like most questions born of laziness' creative prompts, I was led to a great discovery: oral recipes for beautiful skin. After years of using topical products, many of which worked wonderfully, I began to wonder more and more if, in fact, it is possible to get amazing skin from what I might consume?

Now, if you know me, you know that I am one hell of a herb enthusiast. On the other hand, you'd know that I also self-diagnosed myself with fruit and vegetable allergies. (Insert wide mouth emoji). I know, where's the math here? I just cannot and could not ever, learn to like fruits – vegetables especially. Beginning with my picky-eater toddler self to my now picky-eater 25-year-old self, I just can't! That said, I have learnt to work with myself in my weaknesses and strengths. The Ghanaian aunty in my head is asking "what strength are you referring to if you are not eating any vegetables?" This to the side, I knew and was very cognizant of the fact that I loved herbs, and teas and that somehow, someway, I would have to find something within that ballpark to reach my goal.

So the search began, and after some two or three years, I both developed & refined my list of the best and most effective skincare teas for beautiful and radiant skin. And side note, I know I really don't need to convince you all but for the record, let me just say I do like some fruits and vegetables. Three vegetables to be precise – but more on that in another post.

That said, today we will be exploring three teas that will not only relax and regulate your body but also work wonders for your skin. Remember that list I told you about, well here are 3 teas off of that list for you to start your journey to beautiful skin minus the topical products (a.k.a lazy girl style). Let's dive in, shall we?

Here are my top 3 skincare tea recommendations for clear and radiant skin.

### I. Dandelion Root Tea (*Taraxacum Officinale Radix*)



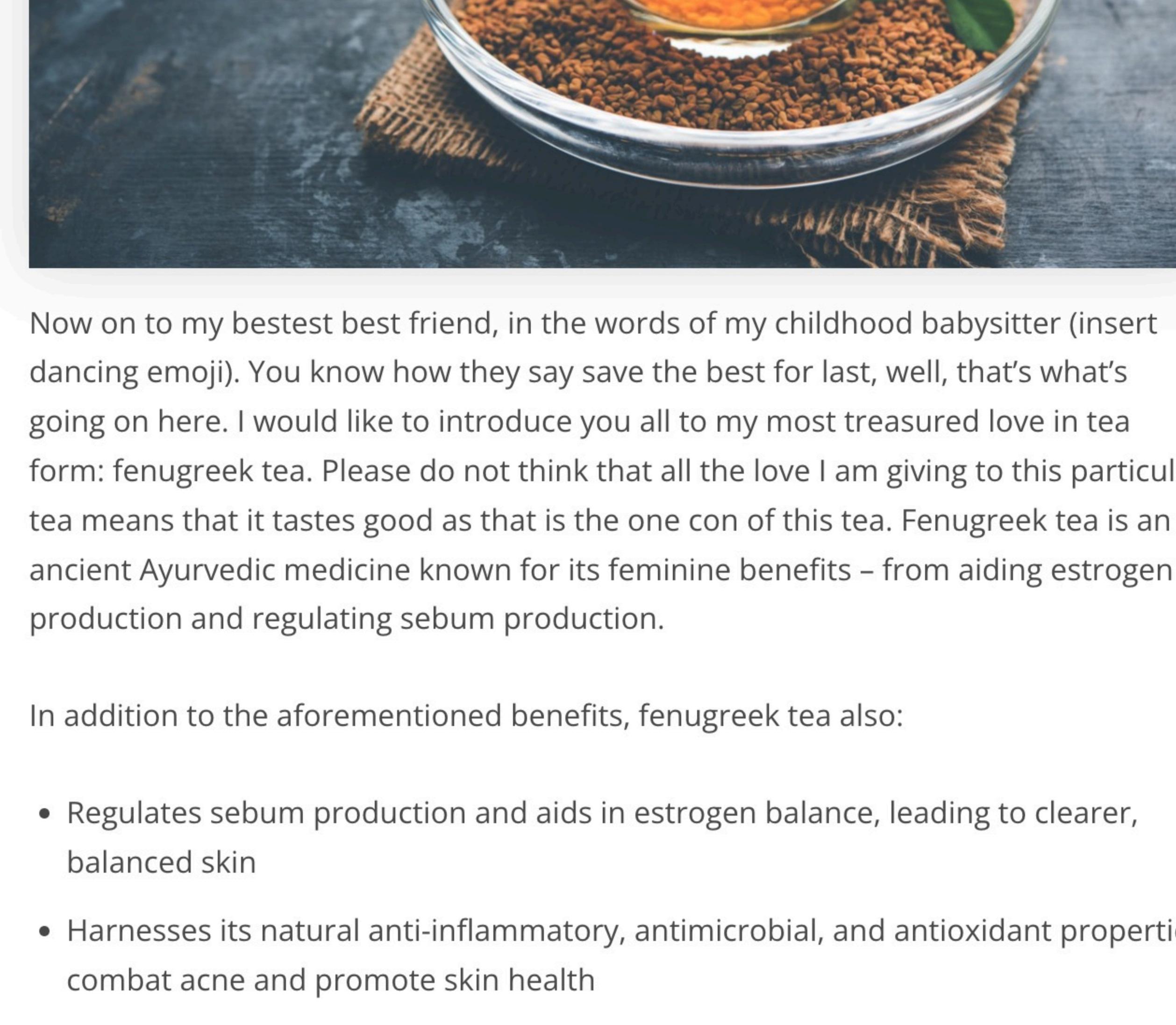
The first tea I would like to introduce you guys to is Dandelion root tea. Dandelion root tea isn't just a common backyard weed; it's a powerhouse of skin-loving nutrients. Rich in fibre and vitamins A, C, K, E, this herbal elixir boasts a range of benefits for your both liver and skin.

Dandelion root tea boasts the following skincare benefits:

- Anti-inflammatory and antibacterial properties combat skin irritations and acne
- Minimizes dark spots, evens skin tone, and reduces the appearance of blemishes
- Reduces wrinkles and fine lines, thanks to its ability to stimulate collagen and elastin production
- Acts as a natural diuretic and aids in liver detoxification, promoting overall skin health from the inside out

[Read Our Recipe →](#)

### 2. Rooibos Tea (*Aspalathus Linearis*)



The next tea on my list, and one which I always remember my grandmother drinking with me, is Rooibos tea (also known as "Red Bush Tea"). Made via leaf fermentation. This caffeine-free tea has been used for anything from promoting hair growth, weight loss and skin health.

Here are just a few ways that this vitamin packed tea can contribute to your skin health:

- High vitamin C content promotes a brighter complexion and enhances skin radiance
- Reduces blemishes and dark circles, giving you a more even-toned appearance
- Combats acne and signs of aging, such as wrinkles, thanks to its antioxidant properties
- Supports hair growth and weight loss, contributing to overall wellness and beauty

### 3. Fenugreek Tea (*Trigonella Foenum Graecum*)



Now on to my bestest best friend, in the words of my childhood babysitter (insert dancing emoji). You know how they say save the best for last, well, that's what's going on here. I would like to introduce you all to my most treasured love in tea form: fenugreek tea. Please do not think that all the love I am giving to this particular tea means that it tastes good as that is the one con of this tea. Fenugreek tea is an ancient Ayurvedic medicine known for its feminine benefits – from aiding estrogen production and regulating sebum production.

In addition to the aforementioned benefits, fenugreek tea also:

- Regulates sebum production and aids in estrogen balance, leading to clearer, balanced skin
- Harnesses its natural anti-inflammatory, antimicrobial, and antioxidant properties combat acne and promote skin health
- Enhances skin radiance, lightens dark circles, and promotes a youthful glow
- Firms the skin and reduces signs of aging, keeping your complexion supple and youthful

[Get The Recipe →](#)

## Conclusion

As we wrap up our exploration of these top 3 best teas for skincare, we invite you to join the conversation. What your favourite skincare tea or drink? Do your ancestral and cultural traditions have teas, elixirs or other drinks that promote health? What are they called? We'd love to hear your thoughts and about any practices you've come across.

Let's continue on our journey to radiant, healthy skin, powered by the goodness of nature's teas. Cheers to glowing skin and natural beauty!

NEXT →

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## Dandelion Root Tea Recipe for Beautiful & Radiant Skin

By Original Manna / March 26, 2024



If you are coming here from the lazy girl's guide to beautiful skin or if you are just stumbling here for the first time, thanks for stopping by. In today's post we will be looking at how to make dandelion root tea.

As you may have seen in our post offering our [Top 3 Skincare Tea Recommendations](#), dandelion root tea offers a plethora of skin benefits. Some of these benefits include help alleviate skin irritation, diminish acne, diminish dark spots, promote even skin tone, reduce blemishes, minimize wrinkles and fine lines, and support liver detoxification for holistic skin wellness.

**Disclaimer:** Before we begin, I want to let you know that you must be careful when consuming this tea. Please remember to consult your doctor or health practitioner first. Although generally safe when consumed in moderation, in some people, dandelion can cause **increased stomach acid and heartburn**, interact with medication or cause other side effects. In addition, this tea also brews to a dark brown colour and can easily stain teeth. Luckily, opting to use a straw whenever possible can mitigate this. Please be mindful when choosing to have this tea. Now, let's get into it!

### Ingredients

- 1 cup of water
- 1 tablespoon of dried dandelion root (alternative: 2 sachets of dandelion root tea)

### Directions

1. Boil 1 cup of water in a pot.
2. Add the dried or fresh dandelion root to the boiling water.
3. Reduce the heat and let simmer for 10-15 minutes.
4. Strain the tea into a cup using a fine mesh strainer or tea infuser.
5. You can add honey or lemon for flavour, if desired. Stir and enjoy!

And there you have it! You are one step closer to radiant skin.

Don't forget to let us know how you found this tea recipe and whether or not you've heard of it before. Share your lovely results with us and tag us on [Instagram](#) or [TikTok](#) and join our growing community of skincare enthusiasts worldwide.

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## How to make Fenugreek Tea for Clear & Beautiful Skin

By Original Manna / March 19, 2024



In today's post we will be looking at how to make fenugreek tea. From managing blood sugar levels to balancing estrogen and testosterone, to alleviating menstrual cramps and even relieving menopausal symptoms, this tea has a plethora of benefits.

Additionally, as you may have seen in our [Unlock Radiant Skin : Original Manna's Top 3 Skincare Tea Recommendations](#), fenugreek tea also offers an array of skincare benefits. Some of these benefits include combating acne, diminishing dark circles, and enhancing skin radiance, firmness and glow.

**Disclaimer:** Before we delve into how fenugreek tea is made, it's important that I mention a few precautions. Firstly, if you're considering fenugreek tea, it's advisable to consult your healthcare provider beforehand. Additionally, fenugreek tea may stain your teeth due to its golden-yellow colour. To avoid any unwanted teeth staining, consider using a straw when enjoying this tea. Now, let us begin!

### Ingredients

- 1-2 tablespoon of fenugreek seeds
- Water
- 1 mason jar
- 1 strainer (or cheesecloth)

### Directions

1. In a mason jar, place 1-2 tablespoons of fenugreek seeds.
2. Fill the jar up to the brim with lukewarm water, preferably boiled previously.
3. Grab a spoon and stir the seeds well.
4. Close the mason jar with its lid and let the fenugreek seeds soak in the water overnight for 6-8 hours. Refrigeration not needed.
5. Using a strainer or cheesecloth, strain the fenugreek seeds from the tea. We recommend drinking it first thing in the morning.

### Conclusion

Congratulations! You're now one step closer to achieving radiant skin.

We'd love to hear your feedback on your tea experience. Have you heard of this tea before? Comment below and let us know!

And don't forget to share your wellness practices with us on social media! Tag us in a post on [Instagram](#) and follow us to become part of our global community of skincare enthusiasts.

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